



KNOW YOUR RISK AND YOUR NUMBERS

A reduction in weight of as little as 5-10% for those who are overweight, can have a significant impact on health. This weight loss can result in lower blood pressure, and when combined with increased physical activity can decrease blood glucose and cholesterol levels. A 5-10% weight loss also has a beneficial effect on our knees and other weight-bearing joints. Furthermore, weight reduction can boost our energy level. For these reasons and others, it is important you understand your risks and know your numbers. We encourage you to utilize this flap to help identify and monitor your risks.

Family History

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Race \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_

BMI (<27) \_\_\_\_\_ To calculate your BMI, contact your healthcare provider or go to [www.nhlbisupport.com/bmi/](http://www.nhlbisupport.com/bmi/)

Weight \_\_\_\_\_ Height \_\_\_\_\_

Blood Pressure (<120/80)\_\_\_\_\_

Cholesterol

Total (<200 µg/dl) \_\_\_\_\_ HDL (>60 µg/dl)\_\_\_\_\_

LDL (<100 µg/dl) \_\_\_\_\_

Triglycerides (<150 µg/dl) \_\_\_\_\_

Blood Glucose (fasting, <100) \_\_\_\_\_

The Face of Chronic Disease

He was a man like so many others. He lived most of his life within 75 miles of his birthplace in Wheaton, MO. He graduated from Springfield High in the 1940’s and like so many before and after him; he served his country in the United States Air Force. He returned home, married and adopted two little girls that would love and treasure him with all their hearts.

He was a gentle man with a kind heart. A man with soft blue eyes that conveyed his every thought and feeling. A man who knew no strangers. A man without enemies. And yet, a man whose quality of life would be diminished by chronic disease. A man who would eventually succumb to heart disease and diabetes, years before his family would be ready to say “good-bye.” For you see, he was also a man who smoked two packs of cigarettes a day. A man who played golf, rode horses, and danced in his younger days but somehow got out of the routine of daily physical activity. In the early 1990’s, he fell victim to a heart attack and after triple bypass surgery, he was diagnosed with congestive heart failure. Shortly thereafter, came the diagnosis of diabetes. Perhaps, had he been a more compliant patient and followed his doctors recommendations, his life might have been different, but we will never know. He died on April 15, 2000.

Unfortunately, the story of his death is not unique. During 2002, in Greene County alone, the five most common chronic diseases that include heart disease, diabetes, stroke, COPD and cancer claimed the lives of 655 citizens between the ages of 45 and 64 years old. Among the dead were mothers and fathers, many with children still at home, brothers and sisters, grandparents, aunts and uncles, cousins and friends. Not only do these deaths constitute an emotional loss, but they also affect the financial stability of the family and the community in which they live. Seventy-five percent of all health care costs are spent combating the effects of these chronic diseases and attempting to restore an acceptable quality of life.

However, chronic diseases do not have to be the victor. As you will see from the data included in this report card, deaths from cardiovascular disease and lung cancer have decreased in Greene County, and while we celebrate this small victory, we must realize the battle is far from being won. There is still much work to be done and we invite you to join with us as we continue to wage war on chronic disease.

“We all have big changes in our lives that are more or less a second chance.”  
- Harrison Ford

Sources:  
Centers for Disease Control and Prevention, Missouri Department of Health and Senior Services,  
American Heart Association, American Diabetes Association

Community Health Report Card



NC=No Significant Change

Maternal Health	Low Birth Weight	6.7	6.9	NC	8.1
	Mothers as Medicaid Participants (as a percent of total live births)	49.6	45.5	Up	44.3
	First Trimester Prenatal Care	88.9	89	NC	86
	Births to Mothers Under Age 18 (as a percent of total live births)	4.4	4.1	Up	4.7
	Mothers Smoking During Pregnancy (as a percent of pregnant women)	19.2	19.2	NC	18.1
Children’s Health and Wellness	Child Abuse and Neglect (rate per 1000 children)	11.4	14.3	Down	6.9
	Immunization Rate (percentage of children, public clinics)	92.2	91.6	NC	77.8
	Infant Death (per 1000 live births)	7.5	7	Up	8.5
Communicable Disease  (incidence per 100,000 population)	Gonorrhea	96.6	67	Up	160
	Tuberculosis	2.9	4.2	Down	2.4
	HIV	11.5	6.7	Up	5.6
Deaths  (crude rate, per 100,000 population)	Cardiovascular Disease	350.1	389.4	Down	352.2
	Lung Cancer	61.2	72.6	Down	62.9
	Breast Cancer	16	14.6	Up	14.7
	Motor Vehicle Crashes	16.8	15.7	Up	20.5
	Suicide	14	13	Up	12



WHAT CAN THE COMMUNITY DO TO PREVENT OR DELAY CHRONIC DISEASE?

While preventing or delaying chronic disease is an individual responsibility, the community can do much to encourage and reinforce healthy behaviors. For instance, public policy related to parks, bike routes, trails, sidewalks, and youth access to tobacco products are a reflection of the community’s values.

Schools can play an important role in the health of our youngest citizens. Supporting recess for elementary and P.E. for secondary students, providing nutritionally based lunches, limiting access to vending machines and providing drug, alcohol and tobacco education can help foster healthy behaviors that will be carried into adult life.

Private industry can do much for the health of their employees by providing wellness programs. These programs encourage employees to obtain regular checkups, engage in physical activity, stop smoking, increase daily water consumption to 64 oz. and make good nutritional choices.

The religious community can also be instrumental in the health of the community by establishing programs like Parish Nursing, offering health screenings, providing education and serving as a resource for their congregations.

Civic and Volunteer Organizations can further the community’s efforts to prevent chronic disease by getting the facts and encouraging members to take positive action to improve their health and the health of those they serve.



## WHAT ARE THE RISK FACTORS FOR CHRONIC DISEASES?

There are several factors that are known to contribute to the development of chronic diseases. Some of the risk factors are beyond our control such as ethnicity, biological determinants, gender, family history, and advancing age. However, there are steps individuals can take to decrease the impact of these uncontrollable risk factors.

- Eat a well balanced diet with emphasis on fruits and vegetables and decreased consumption of sugar and fat.
- Maintain a healthy weight based on your body structure.
- Stop or never start using tobacco products.
- Limit or eliminate alcohol consumption.
- Aim for 30 minutes of moderate physical activity most days of the week. This can be any activity that gets the heart rate up for a sustained period of time.
- Increase your physical activity by:  
Taking the stairs instead of the elevator  
Parking further away from the door  
Stretching  
Playing with your children or grandchildren  
Walking the dog  
Gardening  
Washing and waxing the car
- Get regular checkups and screenings. If diagnosed with a chronic disease, learn how to manage the disease so that complications are kept to a minimum.



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# 2004 COMMUNITY HEALTH REPORT CARD THE FACES OF CHRONIC DISEASE

Brought to you by the Springfield-Greene County Health Department  
in celebration of Public Health Week, April 5-9.



## WHAT IS CHRONIC DISEASE?

Generally by definition, the term chronic disease covers those diseases which cannot be cured, will not go away on their own and must be managed. Included under chronic disease are: cardiovascular disease, cancer, diabetes, chronic obstructive pulmonary disease (COPD), stroke, asthma, and osteoarthritis.

## WHO ARE THE FACES OF CHRONIC DISEASE?

To answer this question, all one must do is look in the mirror. While all of us are at risk, some of us are more so than others. According to the Centers for Disease Control and Prevention, minority groups shoulder the burden of chronic disease in a disproportionate manner. For instance, more African Americans die from cancer than do whites. Moreover, African Americans are 31% more likely to die of heart disease and are 43% more likely to die from stroke than whites. Asthma is more prevalent in Latino children than in African American children.

## WHAT ACCOUNTS FOR THESE DIFFERENCES?

Health disparities are a result of many contributing factors such as gender, education, income, insurance status, where and how a person lives, ethnicity and biological determinants. Many of these issues must be addressed at the community level and beyond. For the purpose of the 2004 Community Health Report Card, we will focus on the power of the individual to prevent, manage and control chronic diseases.